

Meals on Wheels of Durham - Frozen Meals Menu

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
A-1 Chopped Steak Egg Noodles Glazed Carrots Texas Bread Apple Juice Milk Margarine	Creamy Paprika Chicken Cheesy Potatoes Cabbage Dinner Roll Tropical Fruit Milk	Beef Patty w/Swiss Cheese and Mushrooms Rosemary Roasted Potatoes Baked Beans Hamburger Bun Seasonal Fruit Milk	Salisbury Beef w/ Brown Gravy Whipped Potatoes Green Peas Dinner Roll Orange Juice Milk MOWD OFFICE CLOSED	Pork Rib Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk Pickle Slices MOWD OFFICE CLOSED	Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk	Meatballs w/ Brown Gravy Twice Whipped Potato Green Beans Dinner Roll Pineapple Tidbits Milk
8	9	10	11	12	13	14
Meatloaf w/Gravy Garlic Whipped Potatoes Green Peas Wheat Dinner Roll Fruit Punch Milk	Turkey Tetrzini Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	Sloppy Joe Ranch Beans Cabbage w/Tomatoes Hamburger Bun Mandarin Oranges Milk	Chicken Breast w/ Mild Buffalo Sauce Lemon Rice Broccoli Texas Bread Fresh Banana Milk	Cheese Omelet Tater Tot Casserole Mixed Vegetables Wheat Bread Very Berry Juice Milk	Stuffed Pepper Casserole Green Peas Wheat Bread Warm Spiced Pears Milk	Breaded Chicken Patty Roasted Potatoes Green Beans Hamburger Bun Grape Juice Milk Honey Mustard Sauce
15	16	17	18	19	20	21
BBQ Pork Riblet Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges Milk	Taco Meat Fiesta Rice Mixed Beans Tortilla Seasonal Fruit Milk Taco Sauce	Creamy Paprika Chicken Confetti Rice Brussels Sprouts Wheat Bread Applesauce Milk	Meatballs w/ Tomato Gravy Whipped Potatoes Green Peas Texas Bread Fresh Banana Milk	BBQ Chicken Thigh Rotini Au Gratin Cauliflower w/Peppers Wheat Dinner Roll Very Berry Juice Milk	Beef Goulash Mixed Vegetables Broccoli Dinner Roll Seasonal Fruit Milk	Popcorn Chicken w/ Sweet & Sour Sauce Rice Sliced Carrots Wheat Bread Tropical Fruit Milk
22	23	24	25	26	27	28
Salisbury Steak Steakhouse Sauce Egg Noodles Green Beans Texas Bread Orange Juice Milk	Chicken Breast Southwest Lime Sauce Rice Pilaf Whole Kernel Corn Wheat Dinner Roll Mandarin Oranges Milk	Beef Patty Country Potatoes Baked Beans Hamburger Bun Seasonal Fruit Milk Ketchup & Mustard	Pork Roast w/Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Apple Juice Milk	Smothered Chicken Macaroni & Cheese Lima Beans Wheat Dinner Roll Fresh Orange Milk	Turkey Taco Meat Mixed Beans Mexican Corn Flour Tortilla Tropical Fruit Milk	Meatballs w/ Brown Gravy Twice Whipped Potato Green Beans Texas Bread Pineapple Tidbits Milk
29	30	1	31	1	2	3
BBQ Chicken Baked Beans Corn O'Brien Wheat Dinner Roll Seasonal Fruit Milk	Turkey Supreme Diced Potatoes Broccoli Dinner Roll Mixed Fruit Juice Milk	Spaghetti Bake Lima Beans Sliced Carrots White Bread Seasonal Fruit Milk	Garlic Rosemary Chicken Cheesy Baked Rice Green Peas Texas Bread Orange Juice Milk	Glazed Ham Cut Yams Seasoned Pinto Beans Wheat Bread Mandarin Oranges Milk	Pizza Casserole Italian Vegetable Blend Wheat Bread Warm Spiced Fruit Milk	Sloppy Joe Tater Gems Mixed Vegetables Hamburger Bun Seasonal Fruit Milk